

## COVID Protocols at the St. Louis Bridge Center

Should an exposure occur, we will notify our membership ASAP.

Since all are immunized it is not necessary for those exposed to quarantine unless you develop symptoms. You should take extra precautions until 10 days after an exposure, wear a mask and avoid being around high risk individuals. Testing yourself 5 days after an exposure is also prudent.

Refer to these recommendations from the CDC.

### **If you were exposed**

[Quarantine](#) and stay away from others when you have been in close contact with someone who has COVID-19.

### **If you are sick or test positive**

[Isolate](#) when you are sick or when you have COVID-19, even if you don't have symptoms.

### Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days.

**If you were exposed to COVID-19 and are NOT [up-to-date](#) on COVID-19 vaccinations, quarantine for at least 5 days.**

Stay home and [quarantine](#) for at least 5 full days. Wear a well-fitted mask if you must be around others in your home.

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

## **Avoid travel**

It is best to avoid travel until a full 10 days after you last had close contact with someone with COVID-19.

### **If you develop symptoms**

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

### **Take precautions until day 10**

#### **Wear a mask**

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

**If you must travel during days 6-10, take precautions.**

### **Avoid being around people who are at high risk**

**If you were exposed to COVID-19 and are up-to-date on COVID-19 vaccinations, You do not need to stay home **unless** you develop symptoms.**

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

### **If you develop symptoms**

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

### **Take precautions until day 10**

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.